

My Daily English Diary
2019 (Year of the Boar)

Monday, October 28th

Today was cloudy. I met a new friend for lunch. We had tea and salads at a restaurant named "Joyfull". We talked about many interesting things. It was a lot of fun! In the afternoon, I had a cinnamon roll and did some work at Starbucks. It was a nice and busy day!

Tuesday, October 29th

Today was mostly sunny. But the morning was rainy and cold. Fall is here! So I unpacked our fuzzy blankets and washed them. We will sleep warm tonight! I will cook a squash for dinner tonight. I'm looking forward to it!

Wednesday, October 30th

Today was nice and sunny. I had rice and miso soup for lunch. It was nice. Tonight I was on a local radio show. We talked about my favorite song, "Where the Streets Have No Name" by U2. It was very exciting!



Thursday, October 31st

Today was sunny. And the temperature was perfect. So I gave an English lesson in the park. It was so nice! For lunch, I had beans and rice. It was very satisfying.

Friday, November 1st

Today was sunny again. I had oatmeal for breakfast. It was good. I did a lot of exercise this morning: pushups, situps, pullups,... now my arms are tired! But it felt great, and I think I'm getting stronger!

Saturday, November 2nd

Today was sunny and not so cold. I had a late lunch because I was a little busy this afternoon. Then, I got some fresh drinking water from the local hot spring. It is so clean and refreshing!

Sunday, November 3rd

Today was a little cloudy. I had spicy tofu and mushrooms for lunch. It was great! I talked with my friend in Taiwan today. It's been a long time... It was so good to see him again!



Monday, November 4th

Today was partly sunny. I had a spicy noodle soup with coconut called 'laksa' for lunch. I loved it! On my morning walk, I saw two big hawks resting on the power lines. When I came near, they spread their huge wings and flew-- so beautiful!

Tuesday, November 5th

Today was very sunny. The skies were clear and beautiful. I had a business meeting in the morning. So I did my usual exercises in the afternoon. I had grilled salmon for lunch. It was very satisfying. It was a pleasant day!

Wednesday, November 6th

Today was a fine sunny day. I did a lot of exercise yesterday, and I went to bed very late... So I was a little tired today. I had many vegetable dishes for dinner. It was very nice. I feel healthy!



Thursday, November 7th

This morning was cloudy and cold. I went for a walk, but the rice farmers were burning the grass. There was a lot of smoke! So it wasn't very nice. After lunch, I had tea and a donut {doughnut}. I was happy to enjoy a sweet little treat!

Friday, November 8th

Today was sunny and nice. I did a lot of work today. I was so busy, I almost forgot to eat lunch! At around 5:00, I finally had some tofu and rice. It was very filling. Now it's dinnertime and I'm not really hungry... Hmm...

Saturday, November 9th

Today was sunny but the morning was very cold. I had some hot tea to warm up. I washed our big, fluffy blanket to get ready for the cold nights ahead. Now I'm at the coin laundry drying it. We'll sleep warm tonight!

Sunday, November 10th

Today was cold and partly cloudy. I had oatmeal for breakfast. It was good. I cleaned the chimney of our wood stove today. It was full of black soot. So dirty! And now, I'm so dirty... Time for a bath!

watch the video version here → <https://youtu.be/Uck0uGNDd1E>



Monday, November 11th

Today was sunny and surprisingly warm. And it was very windy too! Yesterday, I worked very hard to clean the wood stove, but today we don't need it... Oh well, I'm very happy to have a little more of this fine autumn weather!

Tuesday, November 12th

Today was sunny but a little cold again. In the evening, I drove out to the hardware store to pick up some supplies. It was just the right timing to see the huge, orange full moon rising over the mountains. It was so amazing--!

Wednesday, November 13th

Today was mostly cloudy. I had curry soup for lunch. It was very nice. I did a lot of driving today. And finally, I had to take my car to the mechanic for an official inspection. I hope my car passes its test!

Thursday, November 14th

Today was nice and sunny. I went for a run before breakfast. It felt good. For breakfast I had a fried egg with 'natto' fermented soybeans. It was healthy and satisfying. Now I'm ready for my busy day!

watch the video version here → <https://youtu.be/UckOuGNDd1E>



Friday, November 15th

Today was sunny but cold. I had pumpkin stew for lunch. It was nice and warm. Tonight I will give a workshop for the foreign teachers living in Japan. I'm very excited!

Saturday, November 16th

Today was sunny. Tonight, I went to a dinner party at my friend's new restaurant. We ate tons of Mexican food. It was so good. And now I'm so full! Mexican food is very common in California, but not here in Japan. So I'm very happy tonight!

Sunday, November 17th

Today was nice and sunny. I had an early English lesson at 6:00 this morning. So I got up at 5:00. And I had a late night last night at the Mexican Fiesta party... I'm a little tired! So I'm taking it easy today.



Monday, November 18th

Today was rainy, but not so cold. I had 'Chicken Nanban' fried chicken with tartar sauce for lunch. It was very tasty. I went to bed early last night, so I'm feeling energetic today. I even went for a short run this morning.

Tuesday, November 19th

Today was quite sunny. I spent all day cleaning the house and getting some firewood ready for the wood stove. I had 'udon' noodle soup for dinner. It was good. I just took a bath, and my hair is wet. So now I'll relax and wait for it to dry...

Wednesday, November 20th

Today was sunny and a little cold. I had tomato stew and rice for lunch. It was good. The water pump for our house isn't working well. So I went to the hardware store to order some new parts. They will come next week... Hurry, hurry!



Thursday, November 21st

Today is cloudy and cold. I had a 'bento' boxed lunch from the supermarket. It was pretty good. I have English lessons all over the city today, so I'm driving a lot. I just took a short break before my evening classes... Time to go!

Friday, November 22nd

Today was rainy all day. I made some rice for lunch. I had it with homemade pickles. It was nice. Tonight, I went to a poetry reading. It was fun to read my original poems to an audience. I hope they enjoyed it too!

Saturday, November 23rd

Today was cloudy and quite warm. I bought a new hat. It was on sale for just ¥1,000. That's about \$10. Such a bargain! And I think it's pretty cute.

Sunday, November 24th

Today was rainy with a lot of thunder and lightning. It was so loud and so close! For a snack, I had a nice big pear. It was soft and juicy! Tonight, I watched a Jim Carrey movie called "Yes Man". It was pretty funny.



Monday, November 25th

Today was mostly cloudy and kind of hot... I went for a run this morning and got so sweaty. I had to open the windows to stay cool! I had pumpkin curry for lunch. It was great!

Tuesday, November 26th

Today is cloudy and a little cooler. Tonight is the new moon. So today I am on a fast. That means I am not eating anything today. I'm giving my body a little break. It feels good!

Wednesday, November 27th

Today was cloudy and a little cold. I had vegetarian food for dinner. There was no meat in it at all. It was delicious. On the drive home I saw two rabbits hopping across the road. They were so cute!

Thursday, November 28th

Today was rainy and cold. I had pumpkin curry and 'hummus' bean dip for lunch. It was nice. I picked up some parts for our water pump from the hardware store. I hope they work!



Friday, November 29th

Today was sunny but cold. I had a simple breakfast of yogurt and a banana. I finally picked up my car from the repair shop. It has two new front tires, and it passed its inspection test. Yay!

Saturday, November 30th

Today was clear and cold. I had cheesecake for dessert. It was very nice. Tonight I did some stargazing with a powerful telescope. I could see Saturn with its rings! It was so amazing!

Sunday, December 1st

Today is cloudy with a little rain. I had mushroom rice for lunch. It was hearty and delicious. I'm going on a short hike in the mountains now... I hope I can see some deer or other wild animals-- I'll keep my eyes open and my fingers crossed!

By the way, later on we did see two young deer with their cute, white little butts!



Monday, December 2nd

Today is partly sunny and quite windy. I had oatmeal with cinnamon and banana for breakfast. It was good. I fixed the water pump for our house. It works fine now. Now I can take a nice warm shower anytime!

Tuesday, December 3rd

This morning is very cold. I had tea and a donut {doughnut} for breakfast. It was yummy! I lit a fire in the wood stove. It's nice and warm. Now I'll do some work!

Wednesday, December 4th

Today is nice and sunny. I was up late last night, and I got a late start this morning. So I ate a late breakfast and skipped lunch. I just got a haircut. I think it's pretty cool-- what do you think?

Thursday, December 5th

Today was cloudy and cold. I had English lessons all day. I made a new video about the English phrase "fingers crossed". Check it out here if you like!

https://youtu.be/5hl-xFa_L28



Friday, December 6th

Today is cloudy and cold. I had a fried egg and 'natto' fermented soy beans for breakfast. It was very satisfying. I did a lot of muscle training exercises this morning. So now my muscles are a little sore... maybe I'll take a nice warm bath tonight.

Saturday, December 7th

Today was cloudy and cold again. I had soup and mushroom rice for lunch. It was good and warm. I did some electrical work outside today. It is important to be careful with the wires, but it was difficult because my hands were so cold.

Sunday, December 8th

Today was beautifully sunny. I had oatmeal and a fried egg for breakfast. It was filling. This afternoon, I walked far up the stream to check our water pipe. I was worried that it might be damaged from the heavy summer storms. But, no problems! Everything was OK!



Monday, December 9th

Today is nice and sunny again. I had soup with beans and rice for lunch. It was good. Today is a big garbage collection day, so I picked up some trash around the valley. The garbage truck will come and take it away soon... and now everything looks just a little bit cleaner.

Tuesday, December 10th

Today was mostly sunny. I had vegetable stew for lunch. It was great! I went for a short walk this morning. Along the way, a nearby farmer gave me some cucumbers from his hothouse. They look nice. Maybe I'll make some homemade pickles!

Wednesday, December 11th

Today was cloudy but not so cold. On my morning walk, I saw a baby snake crawling across the trail. It was orange with black spots: kind of like Halloween... It was pretty. But hey, Halloween is over...

Thursday, December 12th

Today was nice and sunny. I had English lessons all day. I made a video about the spelling of "donut vs doughnut". Check it out here if you like!

<https://youtu.be/tsOn2BUdRy0>

watch the video version here → <https://youtu.be/Uck0uGNDd1E>



Friday, December 13th

Today is sunny, but the morning was freezing! Last night was the full moon. It was so big and bright! So I went for a late night walk in the valley. The moon was so bright, I didn't need a flashlight! It was beautiful. But it was a little hard to get out of bed this morning...

Saturday, December 14th

Today was sunny and not so cold. I met some good friends for dinner. We had lots of fresh vegetables. And we had a nice banana cake for dessert. We talked a lot about philosophy, almost three hours! It was very interesting.

Sunday, December 15th

Today was mostly sunny. I had creamy chicken and rice for lunch. It was nice. I did a lot of work on the computer today, so now my eyes are tired. I think I'll go to bed soon...



Monday, December 16th

It's rainy today. I have to renew my Resident ID card soon, so I'm taking a photo in a photo-booth. It's hard to get a good photo from these machines, so keep your fingers crossed and wish me luck!

Tuesday, December 17th

Today is mostly cloudy with a little rain. I got a good photo for my new ID card yesterday, so I went to the immigration office to do the paperwork. I had good timing and didn't have to wait in any lines. And it was surprisingly quick! Everyone was very kind, and now I have my new Resident Card. Yay!

Wednesday, December 18th

Today was quite sunny. I had a business meeting in the downtown today. I also installed a lot of new software on my computer for work. Now I'm taking a short break in the park before my English lessons tonight.

Thursday, December 19th

Today was cloudy and cool. I had English lessons all day. I made a video about the difference between the



word "kind" and the phrase "kind of". They are very different, so check out the video to learn all about it!

https://youtu.be/1BFH9eJ_PUg

Friday, December 20th

Today was sunny. I had tofu soup and rice for lunch. It was good. I read a lot of news today on the internet. It wasn't so good... I'm kind of looking forward to the New Year for a fresh start in the world--

Saturday, December 21st

This morning was mostly cloudy, but now it's raining. I had 'matcha' green tea and chestnut pudding for breakfast. It was very nice. Then I went for a run and did some yoga before the rain started. Now I think I'll go take a bath to keep warm--

Sunday, December 22nd

Today was dark and rainy. I just had a piece of chocolate cake and some soymilk for dessert. It's the Winter Solstice: the longest night of the year. From tomorrow, the nights will start getting shorter and shorter... I'm looking forward to those longer days!



Monday, December 23rd

Today was nice and sunny. Yay! In the afternoon, I opened all the windows to get some fresh air. It felt wonderful! Now I'm leaving to have dinner and give some English lessons in the city.

Tuesday, December 24th

Today was mostly cloudy. It's Christmas Eve! I enjoyed a little Christmas dinner and some chocolate cake for dessert. I got a nice Christmas card from my family. It was very touching. Thank you!

Wednesday, December 25th

It's Christmas! Yay! So I had cake for breakfast! Yum! I talked with my family this morning through Skype. It was great to see them again. Actually, they were just getting ready for a family dinner on Christmas Eve... Time zones are so crazy!

Thursday, December 26th

Today was rainy. I had English lessons all day. I made a video about the heartwarming phrase "very touching". Check it out!

<https://youtu.be/HkFwvyQh7gM>



Friday, December 27th

Yesterday afternoon there was a solar eclipse: the moon blocked the sun for a few hours. But it was so cloudy and rainy that I couldn't see anything... Now today it is very sunny and clear. That's some bad timing... Oh well, maybe next time!

Saturday, December 28th

It was sunny today, but the morning was freezing. There was white frost everywhere on the ground. For breakfast, I had oatmeal and a cup of tea to warm up. I drove up to the mountainside to enjoy the view. The cold air was clear, and I could see the ocean far away-- So nice!

Sunday, December 29th

Today was cloudy and cold. I stayed indoors all day with a fire in the wood stove. It was nice and warm. Now I'm cooking some butternut squash in the oven. I'm looking forward to a very nice dinner... just a little longer!



Monday, December 30th

Today was rainy. So I went shopping for a new pair of jeans at the mall. I'm pretty skinny, so it's hard to find pants that fit me nicely. I probably tried on about 20 pairs of jeans at 5 different stores today... But I finally found a great pair. Thank you, Uniqlo! Now I'm totally exhausted. Goodnight!

Tuesday, December 31st

Today was nice and sunny. I did a little winter gardening: I trimmed a few trees. It's New Year's Eve! So I made some business plans for the new year. Then I had traditional Japanese 'soba' buckwheat noodles for dinner. I'm nice and full now... and ready for bed!

